CACFP MILK SUBSTITUTIONS FOR CHILDREN WITH SPECIAL DIETARY NEEDS

Milk Substitute Rule –If a student has a disability determined by a physician, the child care facility must provide the substitution as prescribed in the physician's statement. However with non-disability situations, it is up to the child care facility to determine if they will offer milk substitutes for these students. If the child care facility chooses to do so, it must accept a written request from a medical authority or a parent/legal guardian.

Written Request - The written request from the medical authority or the parent/guardian must identify why the child cannot consume cow's milk. For example, a request due to a milk allergy, vegan diet, as well as religious, or cultural/ethical reasons would be acceptable and may be accommodated if the child care facility chooses to do so.

Milk substitutes that are offered without a physician's statement must be nutritionally equivalent to milk. The following chart outlines the requirements for milk substitutes.

Milk Substitute Nutrition Standards Nutrient Per Cup (8 Fl. Oz.)

- Calcium – 276 mg
- Protein – 8 g
- Vitamin A – 500 IU
- Vitamin D – 100 IU
- Magnesium – 24 mg

- Phosphorus – 222 mg
- Potassium – 349 mg
- Riboflavin – .44 mg
- Vitamin B-12 – 1.1 mcg

Currently, the Indiana Department of Education has only identified five products that meet the Milk Substitute Nutrition Standards. As more and more products are developed and implemented, we will update our list accordingly.

1. 8th Continent Soymilk – Regular Original and Vanilla

2. SunOpta Soymilk – Original and Vanilla (Shelf Stable)

3. Pearl Organic Soymilk – Chocolate and Vanilla (Shelf Stable)

4. Pacific Soymilk, Ultra – Plain and Vanilla (Shelf Stable)

5. Great Value Soymilk – Original

*Shelf stable milks should be found with other canned milk products, while those that need refrigerated will be in the dairy section of your grocery.

For questions regarding special dietary needs, contact Heather Stinson at hstinson@doe.in.gov.

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